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QUARTERLY TAPE

Energy Gathering

Once again, we are pleased to feature an exclusive tape selection from the LIFESPAN 2000 residential program. LIFESPAN is a cornucopia of Hemi-Sync® tools for coping and thriving in the midst of tremendous flux.

Energy Gathering is among the most elegant of those tools. You will become familiar with the Hemi-Sync patterns to open the Access Channel on Side One and learn to employ that knowledge in very practical ways on Side Two. Proficiency with *Energy Gathering* will allow you to calmly and confidently gather the personal energy that is you. Then, that energy may be focused and directed for your greatest benefit. The options are endless.

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